BEN WEINER

MINERALS AND HEAVY METALS HANDBOOK

Helping sovereign individuals
unlock their health

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ABOUT ME

Turning pain into purpose is very dear to my heart. We've been indoctrinated into a society that teaches to mask and drug pain instead of turning in and recognizing that pain is there to guide us on a different path. You are not just a data set or a series of genetics that has predetermined your life like our current system tells us. I believe you are powerful and that everything can be healed. I strongly believe our pain is our greatest gift, whether it be physical, mental, emotional, spiritual or a combination of all of it. I am passionate about helping human beings reclaim their birthright of a healthy body and a peaceful mind, and I believe finding purpose and beginning to rewrite our story while healing the body is the integral piece of the puzzle. Looking ourselves in the mirror and getting clear on where we are and accepting ourselves just as we are is the only place we can start. From there, a decision can be made that "I want something different for my life" and everything changes in that moment. Returning to foundational principles of health in the form of hydration, nutrition, breathing, thinking, movement and sleep is the necessary foundation to begin to rewrite the story our ego tells us. I firmly believe that a healthy body produces a healthy mind and in a society that has fallen so far from our potential of health and vitality it is no wonder that we see the epidemic of mental health that is here. Utilizing the foundation of the electric body viewed through heavy metals and minerals, my passion is to help people develop a diet and lifestyle along with a spiritual practice and create a life that is ecstatic and to remember the gift it is to be fully alive.

Disclaimer: I am not a medical doctor and all of this content is based on my own research and experience and are only recommendations based on what I have seen work.

PREVALENCE OF HEAVY METALS

All the periodic elements including heavy metals have existed since the beginning of time, and there is a balance in nature of these elements. Due to modern farming practices, trans-generational toxicity and deficiency, and toxicities in the environment, we are now exposed to more heavy metals than ever in history. This is occurring at the same time as our soil has become void of minerals. This is the root of so many people's health challenges.

Every hormone, enzyme and function in the body is dependent on minerals. Toxic loads of heavy metals are the biggest threat to dysregulation of our mineral system. Here, I am going to show you how to protect your body from accumulating toxic loads, detoxifying what you have accumulated so far, and why optimizing your minerals is your best defense.

Every life supporting system in your body depends on one of more minerals to function properly. Minerals are required for:

- Protein synthesis
- Enzyme function
- Immune response
- Thyroid hormone synthesis, hormone function and energy production
- Red blood cell production and oxygen transport
- Antioxidant protection
- Glutathione production and detoxification
- Vitamin Utilization
- Reproduction and much more.

– ""You can trace every sickness, every disease, and every ailment to a mineral deficiency." ~ Dr. Linus Pauling.

– 99% of the American population are deficient in minerals, and a marked deficiency in any of these important minerals may results in disease. Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates we consume.

METALS & MINERALS IN THE BODY

I MOST COMMON MINERAL DEFICIENCIES

Magnesium
Silica
Copper
Zinc
Sodium/Potassium
Iodine
Selenium
Sulfur
Chromium
Boron

II MOST COMMON METAL TOXICITIES

Aluminum
Mercury
Cadmium
Lead
Arsenic
Fluoride
Barium

MAGNESIUM

Mg

01 HOW THE BODY USES IT

Magnesium is one of the most important minerals in the human body and the most common mineral deficiency today with over 80% of people, being deficient. Magnesium is at the center point of the mineral system and is involved in over 3700 enzymatic reactions in the body, more than the usally touted "300 enzymatic reactions".

Magnesium plays a massive role in hormone production, Vitamin D utilization, nervous system regulation, hydration of cells, EMF (electromagnetic frequency) protection, gut function, bone health, sleep quality, and much more.

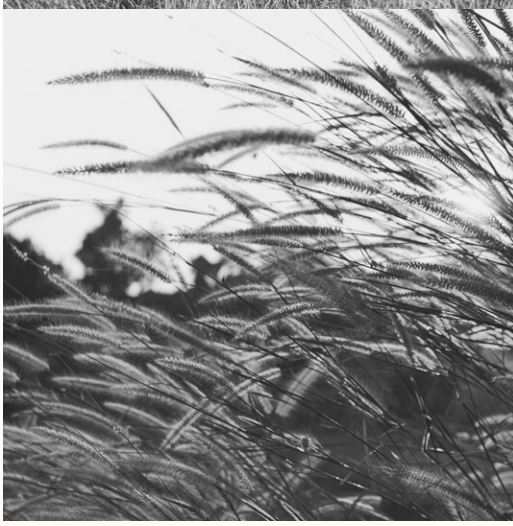
02 DEPLETION CAUSES & SYMPTOMS

Depleted by stress, nonnative EMF, aluminum toxicity, central nervous system disruption from all metal toxicities, and the overuse of coffee and sugar. A major cause of deficiency that effects everyone, even if eating from organic farms, is that the soil is extremely depleted in magnesium due to commercial farming, fertilizers, pesticides, herbicides etc.

Symptoms of deficiencies are implicated in many dysfunctions including but not limited to insomnia, constipation, fatigue, hormonal imbalance, bone dysfunction, anxiety, depression, OCD, ADD/ADHD.

03 SOURCES & PROTOCOLS

Optimizing magnesium levels in the body is foundational to all aspects of health. Due to food being deficient in this key mineral, supplementation is absolutely necessary. My protocol is topical magnesium chloride in the AM and also before bed, because of research showing that magnesium supplementation mid day can inhibit vitamin D absorption from the sun. I also use Magnesium Breakthrough from Bioptimizers, .5-1 gram of magnesium glycinate and 1300 mg of magnesium l threonate. Optimizing copper and boron levels will improve your bodies ability to retain magnesium. Magnesium bicarbonate is also a quality source. The most bioavailabile food sources of magnesium are salmon, avocado, cacao and beef heart.



SILICA

Si

01 HOW THE BODY USES IT

Silica is the beauty mineral, it is also crucial for optimal hydration, connective tissue, bone health, and immune function. Silica is a powerful agent in reducing inflammation in the body It also promotes calcium absorption and utilization.

Silica is necessary for our bodies ability to create collagen. It is considered the "glue" that holds our tissues together. Rudolf Steiner called it the "levitation mineral" and I believe it has spiritual benefits due to it's ability to detoxify aluminum.

Silica can be seen as the messenger mineral, as it plays a role in organizing the entire mineral system.

02 DEPLETION CAUSES & SYMPTOMS

Most people are deficient in silica because of aluminum toxicity. Aluminum is a direct antagonist of silica and depletes it rapidly in the body leading to skin, hair, and nail challenges along with nervous system disruption.

Joint pain and other connective tissue challenges can be a symptom of silica deficiency.

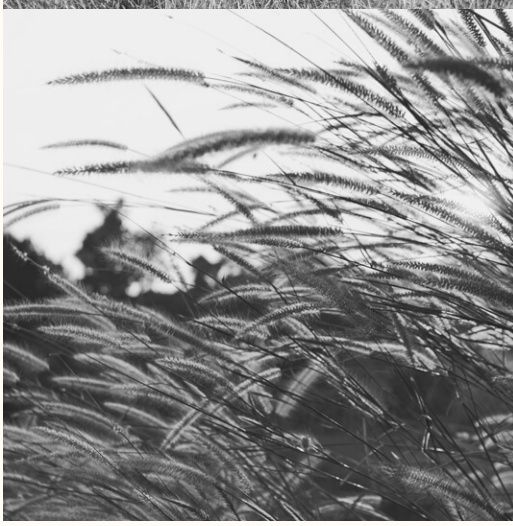
Through oigoscan testing, everyone I have tested is deficient in silica and is very difficult to maintain proper amounts in the body.

03 SOURCES & PROTOCOLS

Fiji water is the richest natural source, but it being bottled in plastic makes it less ideal.

Can be found in horsetail and algae. Both are potent heavy metal chelators.

Orthosillic acid is the most bio available supplemental form of silica. I recommend most people take between 10-30 mg per day for aluminum detox/maintenance and beauty.



COPPER

Cu

01 HOW THE BODY USES IT

Copper, often demonized, is a massively important mineral that produces critical enzymes such as super oxide dismutase (SOD) and ceruloplasmin which both help in antioxidant potential, metal detox and iron utilization.

Copper is essential in the formation of collagen and prevents hair and skin discoloration. Copper is also an excellent chelator of heavy metals, especially fluoride. Copper prevents oxidation or rust in the body which is a common cause of inflammation and oxidative stress.

Copper is involved in a vast amount of enzymatic reactions in the body as well. It has a synergistic relationship with zinc, but at excessive doses, they can be antagonists and deplete each other.

02 DEPLETION CAUSES & SYMPTOMS

Common medical advice includes taking only zinc and ascorbic acid for immune function. Although zinc and vitamin C are crucial, without proper copper intake, they can deplete copper rapidly in the body at high doses.

Heavy metal toxicity, fluoride, iron overload, stress, poor diet, and lifestyle are the main causes of copper depletion.

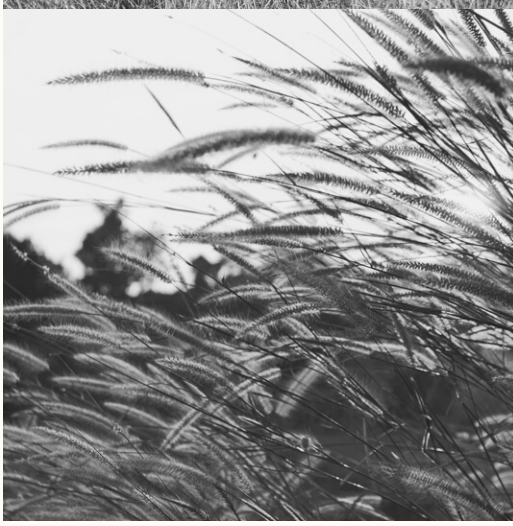
Symptoms of deficiency include immune issues, hair and skin challenges, allergies, and histamine intolerance.

03 SOURCES & PROTOCOLS

I highly recommend Jason Hommel and Morely Robbin's work on copper. Utilizing copper, retinol and magnesium to mitigate iron overload is powerful for many conditions.

Copper sulfate is a great source. Start at 3 mg and work up to 10. Jason Hommel has increased to 100mg a day but I don't believe this is safe long term.

The best food sources of copper are organ meats such as liver and kidney, bee pollen, maple syrup, and cacao. You can also utilize copper bottles for consuming water, copper foot soaks, and cooking food in copper can also increase intake.



ZINC

Zn

01 HOW THE BODY USES IT

Zinc is imperative in the immune system, integrity of the gut lining, hormone production, and detoxification of heavy metals. Zinc is powerful for managing the microbial balance in the body as well, espeically when in correct balance with copper.

Zinc also is imperative for the body to produce digestive enzymes, and hydrochloric acid, making zinc one of the most important elements of gut health.

It is involved in many enzymatic reactions in the body including metallothionein. Metallothionein is one of the most crucial aspects of heavy metal detoxification. This is why zinc is a very effective metal chelator.

02 DEPLETION CAUSES & SYMPTOMS

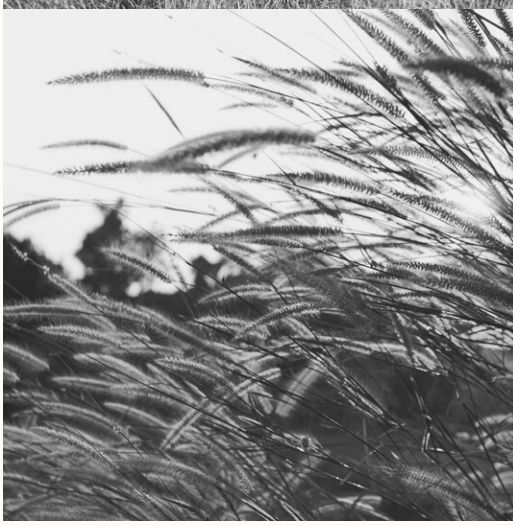
Mercury, aluminum, cadmium, and lead, all deplete zinc very rapidly in the body. Specifically cadmium is one of the strongest antagonists to zinc. Stress, a poor diet lacking in animal foods, and gut issues are causes of zinc depletion. Zinc is also heavily effected by BPA, xenoestrogens, and phytic acid in foods.

Symptoms of zinc deficiency include skin issues, indigestion, heart burn or low stomach acid, sleep issues, loss of taste and smell, hormonal imbalances, low libido, white spots on finger nails, and immune deficiency.

03 SOURCES & PROTOCOLS

The most effective way to improve zinc is to protect and rid yourself of heavy metals. Zinc supplementation with zinc sulfate, picolinate, and monomethionine can greatly improve levels and also detox the body of these antagonistic metals. Food sources are oysters, liver, muscle meat, eggs, and raw dairy.

You need to make sure you are getting plenty of copper from organ meats, bee pollen, and copper sulfate as well while supplementing zinc. Work up to 50 mg per day and use a stable long term dose of about 30 mg per day. From my research a 5:1 ratio of zinc to copper is ideal.



NA
K

SODIUM & POTASSIUM

01 HOW THE BODY USES IT

Famous for their roles as electrolytes in the body, these macro minerals do so much more than just optimize hydration.

Sodium is essential for the entire system to function, specifically adrenal glands, function of neurons, cellular hydration, mitochondrial function and regulates the PH of the body.

Potassium is involved in hormone secretion, GI function, cellular hydration, and is crucial to balance levels of sodium between extracellular and intracellular levels. Deficiency is classically experienced as weakened muscles, cramps, fatigue and confusion.

02 DEPLETION CAUSES & SYMPTOMS

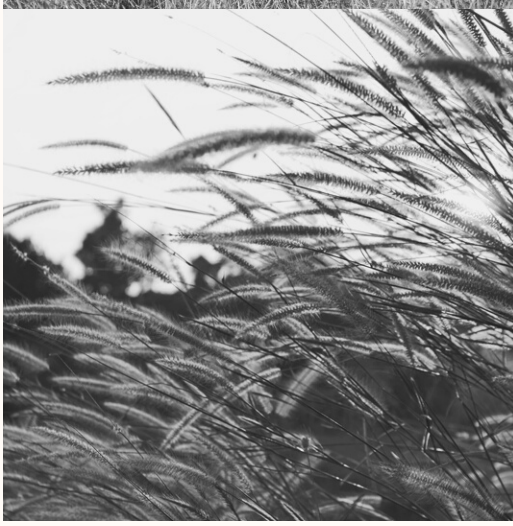
Both minerals are severely disrupted by aluminum toxicity. Aluminum disrupts the sodium and potassium gated channels and disrupts the correct ratio for cellular uptake. This results in a massive stress on the body and dehydration of cells.

Improper salt intake is also a cause of depletion. All EMF and heavy metal stressors will also cause depletion.

03 SOURCES & PROTOCOLS

Getting sodium from a complex that is seen in nature such as a whole sea salt is crucial, and balancing sodium with proper levels of potassium from foods such as bananas, sprouts, fish and supplementing natural electrolytes in the form of potassium chloride.

The best salts to include are Celtic, Colima, Maldon, and Redmonds, along with Sol Supps Sol Salts. Adding salt to your food and water especially when exercising and sweating is very crucia to optimal hydration, adrenal function and nerve firing. Without proper electrolytes and minerals, water is essentially dead In your body and will actually deplete you instead of hydrating you.



IODINE

I

01 HOW THE BODY USES IT

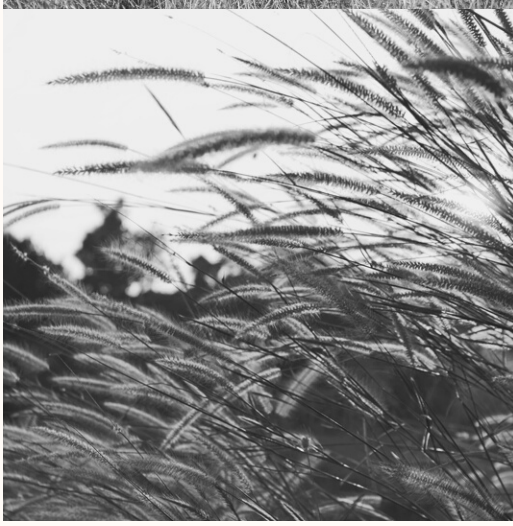
"Everybody thinks they know what iodine is. Everybody's wrong."
-Earl Foley

Iodine is a vital mineral that plays a significant role in the thyroid, producing T3 and T4. Studies have shown much of the world is severely deficient in iodine. Iodine is a potent mineral with anti-viral, anti-bacterial properties. Iodine is crucial for cognitive function, immune function and the endocrine system.

Treatment for inflammatory and degenerative diseases.
Iodine is a master mineral when it comes to the chelation and removal of heavy metals, halogens such as fluoride, bromide and chlorine and it is a fantastic cleanser of the lymphatic system.

02 DEPLETION CAUSES & SYMPTOMS

Halogens such as fluoride and chlorine are potent chelators of iodine and cause serious challenges. Fluoride coming from tap water consumption, bathing and showering in tap water and dental products fortified with fluoride will cause a massive disruption to iodine. Most autoimmune thyroid challenges such as Hashimotos are iodine deficient. Hyper and Hypo thyroid are also signs of iodine dysregulation. The World Health Organization (WHO) says that over 2 billion people experiencing preventable mental defect due to iodine deficiency. Symptoms of deficiency are immune, thyroid, cognitive, and inflammatory challenges. Low iodine is corelated with a decrease in IQ, also fluoride toxicity is corelated with a decrease in IQ. This is due to their antagonistic relationship.



03 SOURCES & PROTOCOLS

The best dietary sources of iodine are raw dairy, eggs, seafood, fish eggs, and kelp.

Iodine supplementation is very powerful and should be approached with caution, always ensuring to fix selenium deficiency before beginning. Lugol's and nascent are the best forms of supplementation.

Start around 1 mg and work up to 40 mg for a potent cleansing of heavy metals, halogens, and the lymphatic system. Make sure to include 1 tsp of sea salt per day, vitamin C, and B vitamins to reduce bromide and fluoride detox reactions. Take early in the day, don't take after 2 PM.

SELENIUM

Se

01 HOW THE BODY USES IT

Selenium is a powerful trace element, crucial for the thyroid metabolism along with iodine, protects cell membranes, has strong antioxidant activity, protects glutathione peroxidase, and is beneficial for hormone production.

Selenium produces hypochlorite, an internally generated antibiotic, which is a powerful substance that balances pathogens in the body. Due to it's ability to promote glutathione and its antagonistic relationship to mercury it is a strong metal chelator.

02 DEPLETION CAUSES & SYMPTOMS

Autoimmune conditions often are in part caused by selenium deficiency, usually correlated with mercury toxicity.

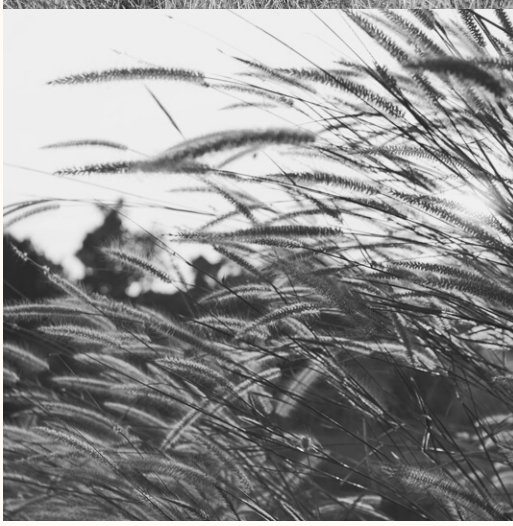
Asthma, eczema, acne, and most all autoimmune conditions, including thyroid challenges, are all correlated to selenium deficiency.

Mercury toxicity is one of the most common sources of selenium depletion.

Glutathione requires selenium to regenerate and as it is further depleted by heavy metal toxicity, selenium requirement is increased, creating a viscous cycle.

03 SOURCES & PROTOCOLS

Focus on mercury detoxification, increase selenium intake through organs, eggs, raw dairy, sprouted brazil nuts and utilize selenoexcell ranging from 200 mcg - 1 mg depending on severity of condition, deficiency. Take early in the day, ideally with breakfast.



SULFUR

S

01 HOW THE BODY USES IT

Sulfur is one of the most critical components of heavy metal detoxification, promotes endogenous glutathione production, is imperative in both phase 1 and 2 in liver detoxification.

Sulfur is conjugated through amino acids such as methionine, glycine, glutamine and cysteine. Critical for enzymatic reactions in the body, expression of hormones and receptors. If sulfur is absent, detox ceases.

All vitamins depend on sulfur content in the body. Sulfur improves inflammation in the body and is also healing to joints and ligaments.

02 DEPLETION CAUSES & SYMPTOMS

Heavy metals are the main source of sulfur depletion and disruption in the body. Sulfur has a high affinity to heavy metals and the body requires ample amounts of sulfur to deal with the loads of metals we are exposed to. When we become deficient, it begins a viscous cycle and it allows metals to accumulate further, which continues to deplete sulfur.

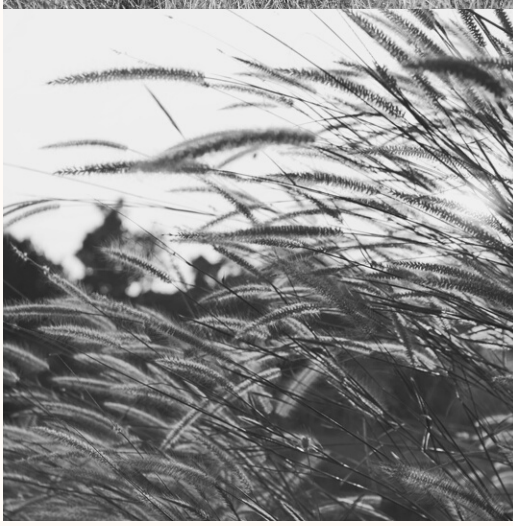
Symptoms of sulfur deficiency include inflammation, poor detoxification, sleep issues, skin, hair, joint, and connective tissue challenges.

03 SOURCES & PROTOCOLS

Can be found in foods such as eggs, dairy, garlic, onions and sprouts Getting plenty of amino acids in the proper balance from food and including Essential Amino Acids along with plenty of glycine is a great place to start.

Pure MSM (Methylsulfonylmethane) is the most bioavailable supplemental form of sulfur and I believe most people should be taking it for it's powerful heavy metal protective benefits.

4-10 grams per day is ideal. Take it early in the day. There is also topical MSM with DMSO that is another powerful way to introduce it to the body. Take early in the day.



CHROMIUM

Cr

01 HOW THE BODY USES IT

Chromium plays a major role in blood sugar regulation and metabolism. The more carbohydrates consumed, utilizing more insulin, the more chromium is needed by the body to utilize the glucose.

The body exhibits increased demand in times of stress.
It also fights fatigue and improves energy.

Chromium plays a huge role in lean body mass and improving body composition. It also very important to the function of the entire endrocrine system

02 DEPLETION CAUSES & SYMPTOMS

Chromium is depleted by stress, excess insulin and carb consumption.

Chromium is also depleted by the mechanism in which heavy metals cause dysfunction to the kidneys, destabilizing glucose control and increasing the demand for chromium.

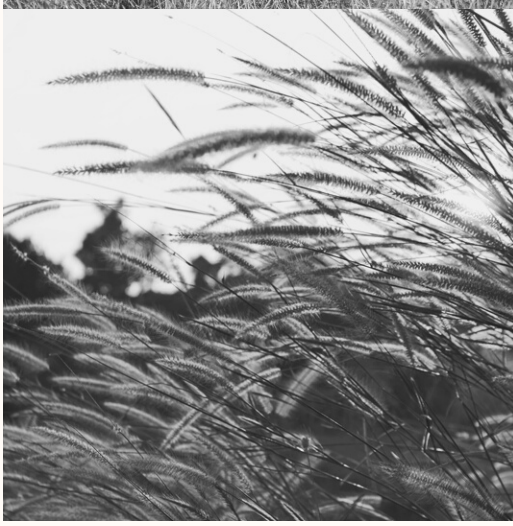
The most common symptoms of deficiency are blood sugar handling issues, diabetes, sleep disturbance, trouble putting on lean body mass and mental health challenges such as anxiety and depression.

03 SOURCES & PROTOCOLS

General heavy metal detoxification will improve chromium stores in the body. Food sources are liver, potatoes and seafood.

Optimize your blood sugar handling by eating the correct level of macronutrients for your metabolic type. Make sure you are consuming plenty of high quality protein and fat and utilizing carbs at the proper times such as pre and post workout and at dinner to improve liver glycogen for sleep.

Chromax hydrogen water and chromium picolinate 500 mg from Thorne are my favorite supplemental sources.



BORON

01 HOW THE BODY USES IT

Boron is involved in calcium utilization, synthesis of steroid hormones, estrogen, and prostate health. It helps the body retain magnesium and properly utilize phosphorus and calcium. It has huge implications in bone and joint health. It is also involved in Vitamin D utilization.

Boron regulates cell growth and is an excellent chelator of fluoride along with iodine and copper. Boron is a powerful agent in managing inflammation in the body.

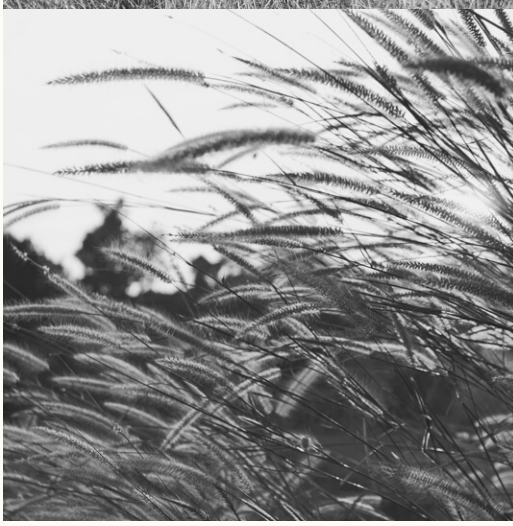
Boron can improve testosterone through the mechanism of reducing SHBG (Sex hormone binding globulin). It also improves and helps form the bone matrix, useful in healing from bone, joint and ligament injuries. Boron also converts testosterone to the active form of DHT in the body, helping to increase anabolic activity.

02 DEPLETION CAUSES & SYMPTOMS

It is difficult to attain enough boron from food alone. Boron is also significantly impacted by fluoride toxicity. Stress and hormonal disruption will also deplete boron.

Most places in the world besides Israel and Turkey do not recieve enough dietary boron.

Symptoms of deficiency include hormone issues, bone challenges, and cognitive dysfunction.



03 SOURCES & PROTOCOLS

Include raw dairy, potatoes, and fruit to increase boron levels and I recommend cycling 10-15 mg per day, one month on, and one week off. I use the company TRACE minerals.

Dr. Jorge D. Flechas reccomends high dose boron of up to 30-60mg per day to prevent osteoporosis

Boron is a stimulant to the brain and shoould be taken early in the day.

ALUMINUM

Al

01 SOURCES, SYMPTOMS, AND EFFECTS

Most common sources of Aluminum toxicity that we can control are cookware (foil, pans, pots and utensils), skin care products (deodorants), beverages in aluminum cans, medications (antacids), sunscreen, toothpaste, certain food additives and tap water. There is also aluminum coming from vaccine adjuvants and geoengineering. Aluminum binds to calcium, blocks absorption with magnesium, phosphorus, silicon, and zinc.

There are huge implications with chronic nonnative EMF exposure, displacing calcium into glands and organs. This can lead to atherosclerosis, pineal gland calcification. There is a massive Importance of magnesium supplementation, shilajit (trace elements/ fulvic and humic acids) and grounding to the earth, to protect ourselves against the dangers of aluminum in conjunction with nonnative EMF. Aluminum is a cause of autoimmune conditions, and especially neurodegenerative disease, including autism.

Aluminum causes an inflammatory cascade. Glyphosate creates a leaky gut and leaky brain. This allows aluminum in our brain cells where we are completely reliant on glutathione to detoxify. Over time this leads to ailments such as mental health disorders, ADHD, and later in life Parkinson's/Alzheimer's. Our sulfur and silica content is our biggest factor in our ability to remove aluminum.

02 DETOXIFICATION PROTOCOLS

Prevent exposure by getting rid of any aluminum containing deodorant or cosmetics, pots, pans, and aluminum foil. Silica is the most powerful detoxification agent of aluminum. Orthosillic acid, Fiji water, horsetail herb and Diatomaceous earth are the best sources. 20-30 mg per day with MSM sulfur 5-10 grams. Also use zeolite, high dose magnesium from glycinate, topical magnesium chloride, and magnesium l threonate to remove aluminum in the brain. Utilize plenty of shilajit to improve trace element and chelation through fulvic and humic acids. Niacin flush saunas can be very useful as well. 500 mg of full flush niacin 15 minutes before a sauna will greatly improve aluminum removal. Utilize molecular hydrogen and increase intake of potassium and sodium.

MERCURY

Hg

01 SOURCES, SYMPTOMS, AND EFFECTS

Most common sources of Mercury toxicity are amalgam fillings, vaccination (thiomersal), seafood (specifically large fish like tuna/swordfish), insecticides, fungicides, and emissions from coal plants. Many vaccines contain neurotoxic levels of mercury. Mercury binds to and blocks selenium, zinc, and iodine. These are huge implications in any thyroid challenge. The ADA (American Dental Association) still claims amalgam fillings are safe (2020). Amalgam fillings off gas mercury vapor causing chronic low-grade toxicity that will result in chronic disease.

Most cases of autoimmune conditions are related to mercury toxicity. This is especially due to the depletion in key nutrients like zinc which rebuilds the gut barrier, selenium which plays a huge role in inflammation levels and detoxification, and iodine which regulates immune function and can balance pathogens in the body. Autism Spectrum Disorder is correlated with mercury toxicity and detoxification pathways chronically and genetically shut down. Multiple Sclerosis did not exist until amalgam fillings were introduced. There are many ancient cultures that documented very well all illness and disease and MS was never mentioned. The first cases spiked when amalgam fillings were introduced. It's incredibly neurotoxic. Mercury depletes glutathione in the body and specifically in the brain and is a major risk factor and cause of neurodegenerative illness like Alzheimer's and Parkinson's.

02 DETOXIFICATION PROTOCOLS

Increasing detoxification potential through sauna, lymphatic work, uptake of sulfur, selenium, zinc, and iodine through diet and supplementation.

Avoid high mercury fish such as tuna, swordfish. First thing in AM, utilize a blend of chorella, cilantro, zeolite, fulvic and humic acids. Use 400 mcg-1 mg per day of selenoexcell. Selenium binds mercury in the body very effectively. Zinc sulfate 30-40 mg, MSM sulfur 5-10 grams, and iodine. Start at 1 mg for iodine and only use after you have corrected selenium deficiency. Work up slowly and you can go as high as 40 mg for potent detox. Utilize molecular hydrogen as well to promote endogenous glutathione and NRF2 activity.

CADMIUM

Cd

01 SOURCES, SYMPTOMS, AND EFFECTS

The most common sources of cadmium are Industrial, auto emissions, phosphate fertilizers, cigarette/cannabis smoke, and contaminated soil. Most vegetables have 100-200x the amount of cadmium compared to meat.

It can also be found in hydrogenated oils, cacao, and tap water. It is a major blocker and antagonist of zinc, and acts as a xenoestrogen and severely disrupts hormones, and causes pulmonary issues, osteoporosis.

Cadmium is a major contributor to insomnia, and chronic fatigue. Primary cause of autoimmune disease, largely due to hormonal disruption through blockage of zinc utilization

02 DETOXIFICATION PROTOCOLS

Remove sources and increase intake of zinc.

Zinc and cadmium are direct antagonists. Avoid inorganic foods, cacao, and any smoke. Utilize 30-50 mg of zinc sulfate, MSM 5-10 grams, and zeolite. Sweating in the sauna, along with lymphatic work is also extremely beneficial.

Heavy Metals

LEAD & ARSENIC

Pb
As

01 SOURCES, SYMPTOMS, AND EFFECTS

Common sources of lead are water pipes (tap water), cosmetics, old buildings, paint and commercially grown food. Lead blocks absorption and utilization of zinc, calcium, iron, and manganese.

Highly toxic to the Central Nervous System, resulting in ADHD and mental health disorders. There are huge implications in anemia, as it blocks the utilization of iron. It also blocks enzymes necessary for hemoglobin synthesis. Poor memory, irritability, aggressive behavior and trouble falling asleep are also symptoms of lead poisoning.,

Arsenic is found in contaminated water & soil - which leeches into inorganic food. Additionally, food supply is contaminated through insecticides commonly used in agriculture. Sources include cereals, wheat, rice, vegetables, and seafood. Arsenic blocks germanium and selenium, and is a known carcinogen.

02 DETOXIFICATION PROTOCOLS

Avoid drinking water from lead pipes and commercial food. Use binders like charcoal, and bentonite, zinc sulfate, lots of magnesium, alpha lipoic acid and glutathione. 500 mg full flush niacin saunas. Increase sulfur through 5-10 grams of MSM and utilize shilajit for humic and fulvic acids.

FLOURIDE

NaF

01 SOURCES, SYMPTOMS, AND EFFECTS

The most common sources are municipal water and commercial toothpaste. Fluoride allows more aluminum to accumulate in brain tissue. The combination of fluoride and aluminum in the brain is a major cause of pineal gland dysfunction and calcification.

In conjunction with other halogens like bromide and chlorine, fluoride is very disruptive to the endocrine system and competes highly with iodine which results in immune deficiency and neurological challenges. There are many studies showing a massive decrease in IQ due to fluoride toxicity.

The flouride put in tap water is a toxic waste product. There are natural amounts of fluoride in nature's waters but the chemical make up of the fluoride used in municipal water supply rises to neurotoxic levels and it is not organic. The history of companies convincing the public that their toxic byproducts would be good for their teeth, therefore putting it into the municipal drinking water is quite astonishing. They also put fluoride in many pharmaceutical drugs such as Prozac, which is ironic considering fluoride toxicity can cause depression.

02 DETOXIFICATION PROTOCOLS

Prevent exposure by not consuming tap water, or using a fluoride filter, not bathing and showering in unfiltered tap water, and avoiding dental products containing fluoride. Iodine is the most potent chelator of fluoride. Similar to the mercury protocol, start slow and work up. Combine iodine with 10-15 mg of boron per day, 3-15 mg of copper sulfate, start low and work up. Get plenty of whole food vitamin C to reduce oxidative stress from fluoride mobilization, and lots of Celtic Sea salt as it reduces detox side effects. Ensure you are getting plenty of B1, B2, B6, B9, B12

BARIUM

Ba

01 SOURCES, SYMPTOMS, AND EFFECTS

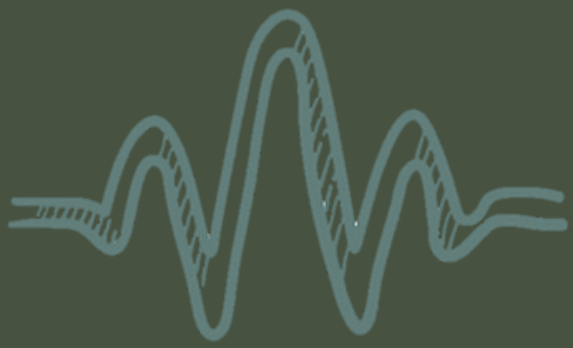
The most common sources of barium are radiation and air pollution (Geoengineering).The most common metals to be sprayed in geoengineering are barium and aluminum.

This can be seen in the soil testing in Mount Shasta for example where scientists have found extremely high levels of barium and aluminum in the soil.

It can also be found in drilling fluids, water softeners, sugar/paper industry, vegetable oils, manufacturing alloys, dyes, pigments, lubricants. Barium has implications in autoimmune disease, cardiovascular irregularities, and GI issues.

02 DETOXIFICATION PROTOCOLS

To detoxify barium utilizie binders like charcoal and zeolite, niacin saunas, lymphatic work, 1 gram of magnesium, 5-10 grams of sulfur, and large doses of humic and fulvic acids or shilajit.



Protocols

The foundation of any heavy metal detoxification is going to require an optimal diet and lifestyle that includes proper hydration, a whole food organic diet based on your ancestral needs, optimizing breath, mental and emotional work, optimal sleep, and movement. Working on the detoxification pathways including the gut, liver, lungs, kidneys, and gallbladder is very beneficial before beginning any protocol. Ensuring that the bowels are moving efficiently, lymph system is active, and sweating through movement, sun, and sauna is key.

Through my research, minerals at the correct dosage depending on the level of toxicity and deficiency are really our best chelators of heavy metals. As I have mentioned, minerals and heavy metals are antagonistic to each other. The foundation of any metal removal is going to include zeolite, humic and fulvic acids, shilajit, sulfur, magnesium, zinc, copper, iodine and silica.

Phase 0 of detox is always to stop poisoning yourself. Removing all sources under your control of these toxins is the first step.

PROTOCOLS CONTINUED

Parasite Cleansing

Full moon parasite cleansing. Parasites operate on the lunar cycle, being most active during the full moon. After addressing the foundations of heavy metal detoxification, and remineralization, begin full moon parasite protocol. 7-day protocol, 3 days before, during and 3 days after the full moon, take Paratrex followed by a dose of mimosa pudica seed 20-30 minutes later. Repeat this 4-5x per day while drinking plenty of raw goat or cow milk. This will draw the parasites to the GI tract. For an advanced cleanse or addition, include 1/2 -1 tsp of turpentine on 3 pure sugar cubes. The sugar will attract the parasites and fungus while the turpentine will remove them. This is a powerful old remedy, proceed with caution and consult your health care practitioner. During the cleanse, limit overeating, ideally fasting on raw milk, and include your minerals and metal binders during this time as the parasites will release held toxins. Sauna and lymphatic work will be very beneficial during this time. Also incorporate cod liver oil during the cleanse. You can also use systemic enzymes to break the biofilms where parasites hide. Bioptimizers P3OM I have also found to be very beneficial for re balancing the gut after cleanses.

Gut Optimization

40 mg Zinc, 4-8 mg copper, 400 mcg selenium, 1-40 mg iodine (Work up slowly), magnesium, shilajit.
Focus on mercury, cadmium, fluoride, and lead detoxification as these significantly impact gut function.Glutamine, shilajit, humic, fulvic and colustrum are also beneficial. Look into bioptimizers products to further optimize gut health.

Autoimmune Care

Autoimmune conditions such as asthma, eczema, MS, rheumatoid arthritis are significant indicators of heavy metal toxicity and mineral deficiency. Mercury toxicity which inhibits selenium and zinc is a massive underlying cause along with iron overload. 400-800 mcg of selenium, work up to 50 mg of zinc, 10 mg of copper, 5-10 grams MSM, 20 mg of silica, 1-2 grams of magnesium and plenty of retinol vitamin A to increase Ceruloplasmin. Slowly incorporate iodine as well.

Beauty, Connective Tissue, and Injury Repair

Aluminum toxicity is at the root of connective tissue and beauty challenges due to its severe impact on silica levels in the cells and tissues. Optimize aluminum detoxification, 10-30 mg of silica, 6-12 grams of Sulfur, and molecular hydrogen. For bone and joint repair, also include 10-20 mg boron, 5-15 mg of K2, calcium from raw dairy, 1-2 grams of magnesium

PROTOCOLS CONTINUED

Glyphosate

Detoxifying glyphosate and avoiding exposure as much as possible is imperative due to the opening of the gut junctions and brain barrier which allows metals into the brain leading to neurodegenerative illness and other cognitive and mental health challenges. Utilizing ion biome, humic and fulvic acids, zeolite and 4 grams of glycine 2x per day is the most effective protocol in removing glyphosate that I have come across. Niacin flush saunas can also be useful.

Niacin Flush Saunas

500 mg- 1 gram of Full flush Niacin 15 minutes before a sauna. Utilize gua sha techniques to move lymphatic fluids in the sauna, and remineralize with magnesium, MSM sulfur, Shilajit, Sea salt post sauna.

Hormone Optimization

Boron 15 mg , zinc 40 mg, 5 mg copper, 400 mcg selenium, 1 gram magnesium, shilajit

Herbal support: Velvet antler, pine pollen, geltanized maca

EMF Protection

Protecting your body from non native EMF is imperative to harnessing the full potential of health, vitality, and the mineral system. Nonnative EMF from wifi, cell towers, and power lines can heavily deplete magnesium, disregulate calcium gated channels, disrupt sleep, lead to parasite infection, nervous system imbalance and a host of other challenges.
From a mineral stand point increasing magnesium and shilajit is the best way to protect yourself along with reducing heavy metal toxicity, and iron overload as they create an antenna in your body to EMF.

For your bedroom and home, utilize biogeometry, aires tech, alfa vedic grounding bags, shungite stones, ultimate longevity grounding mats and do your best to filter dirty electricty or turn off the breaker and wifi at night. You can also invest in faraday paint and cages.

Ground to the earth as much as you can, barefoot, touching a tree etc.

PARASITES & EMF CONNECTION

Parasite infections are extremely common in today's age of chronic toxicity and processed food. Despite the common narrative that parasites only come from foreign 3rd world countries, the western world is heavily affected by parasite infections. I believe this is due in large part due to high levels of heavy metal toxicity. Parasites are garbage collectors, and they hold 8x their body weight in heavy metals. Any excess metabolic waste and heavy metals requires our body to attract parasites to hold the toxins which our body cannot deal with due to mineral deficiency, collapsed detoxification pathways, excess iron, and chronic inflammation.

Parasites can then become an infection and start to create problems of their own, consuming vital nutrients, creating dysfunction of neurotransmitters, disrupting the central nervous system, causing insomnia, and mental health disorders. Having high loads of heavy metals and iron overload causes people to be an antenna to EMF (wifi, cell towers) and creates an electromagnetic field that parasites thrive in. Contrary to this, a properly mineralized body, grounded to the earth, protected from nonnative EMF produces a high vibratory environment that is not conducive to parasite infestation. Therefore, it is crucial to address heavy metal toxicity, iron mobilization, and mineralization to protect against parasites.

ELECTRIC BODY & VIBRATION

Everything in our reality is electromagnetic in nature. We are electromagnetic beings and the mechanism by which our body produces energy can be seen as a battery, or an electrical system. The solution is electrical, not chemical. This is where western medicine and Big Pharma fall short, they have forgotten the energetic field of our body and how it operates on a physical, mental and spiritual plane. Our physical body requires proper mineralization, natural light from the sun, and being grounded to the earth to produce healthy electrical signaling and mitochondrial function. The influence of heavy metals creates distortion in our electrical body through a dulling of our vibratory field. Aluminum for example, has a very slow, long and dull wavelength. This manifests as brain fog, lethargy, and eventually cognitive decline, especially when glyphosate from non-organic foods open the blood brain barrier, allowing metals to enter the brain tissue and glands.

The bio accumulation of heavy metals in conjunction with glyphosate exposure results in them being lodged in the brain, creating a dull vibratory environment. This is why we are seeing the massive rise in neurodegenerative disease such as Alzheimer's and Parkinson's. Even autism - which from my research is really an early onset neurodegenerative disease - can be caused by high toxic loads of heavy metals, severe mineral deficiency and collapsed detoxification pathways in the body, potentially due to generational toxicity (see Pottinger's cats study to see a clear representation of generational toxicity, deficiency and dysfunction). The same can be said for MS or Multiple Sclerosis. The foundation of these diseases can be seen through the lens of heavy metal overload and parasite infection, leading to a deranged and dull vibratory field.

If we can begin to see the human body as a complex electromagnetic system, then we can begin to redefine what creates true health. Without proper minerals in the body, we don't stand a chance to protect ourselves from heavy metals, high levels of EMF, and disease. To produce a high vibratory environment through robust amount of minerals, detoxifying accumulated metals, optimizing our light exposure, and reducing exposure to toxins like glyphosate is the absolute foundation of any healing or health optimization program.

IRON OVERLOAD

Due to the iron fortification program in the late 20th century, most people who grew up on commercial and standard American foods have what is referred to as iron overload. Iron accumulates and in the absence of proper amounts of copper and retinol vitamin A, becomes highly oxidized, and is a massive stress on the body. Copper and retinol allow the body to produce ceruloplasmin which mobilizes and allows the body to properly use iron. Floating iron due to overload makes the body an antenna to EMF and is a breeding ground for parasite infections. Another reason for improperly utilized iron in the body is the disruption of iron-sulfur clusters due to heavy metal toxicity. Heavy metals disrupt these clusters and create what is called free iron in the body, which causes an inflammatory cascade and causes rust in the body which is a massive cause of oxidative stress.

Our body needs proper amounts of iron, ideally in the form of heme-iron from animal meat and organs, which transports oxygen and builds healthy blood. Getting plenty of copper, vitamin A (Retinol), and magnesium to utilize iron is crucial.

WATER SOURCING AND ANTI-NUTRIENTS IN FOOD

Sourcing the highest quality spring water or artesian well water is the absolute foundation of mineralizing the body. Minerals are best absorbed in liquid and getting them the way nature intended is ideal. Using findaspring.com and using glass jugs is the best approach. If this is not accessible to you, utilizing a RO system, or a distiller and remineralzing with high quality sea salt, trace mineral drops, magnesium, sodium and potassium bicarbonate is the next best option. The water you drink is one of the most important aspects of healing the body and optimizing vitality. Water carries infinite codes of information and informs our cells ability to function. Water carries our electromagnetic charge and without proper hydration and minerals, our light body, and mitochondria cannot function.

Anti Nutrients in food such as phytic acid, oxalates, and lectins etc. found in foods such as kale, spinach, raw nuts and seeds, uncooked vegetables can severely impact our stores of minerals in the body. These compounds chelate our minerals and cause massive amounts of disruption to the gut, initiating an inflamation and stress response that further depletes our mineral system. This is a very interesting topic because if you research mineral rich foods on google you will find suggestions usually including lots of kale, spinach, nuts, seeds and grains to improve mineral stores but this couldnt be further from the truth. Just because the foods contain minerals does not mean they are bio avaialble to our body, not to mention the fact that they also deplete the minerals we already have. Mineralization has much more to do with what we retain than just consuming foods that are supposively full of minerals. This is why the approach of ancestral eating, focusing on animal foods, organs, meat, raw dairy, fruit, honey and certain vegtables is key. Not only are these foods more optimally nutrient rich but they also do not deplete our mineral stores. If you are going to consume nuts and seeds, they need to be sprouted and most vegetables should be cooked or fermented.

Food and hydration must be the foundation of our approach to optimizing our minerals and nutrition and from there, wise supplementation to optimize healing and vitality is key in our modern world.

ESSENTIAL NUTRIENTS

Weston A. Price is famous for his work researching the importance of fat-soluble vitamins. He noted that fat soluble vitamins are needed to activate our body's ability to fully utilize our mineral system. Getting plenty of A,D,K,E from ghee, butter, bone marrow, liver, cod liver oil, fish eggs, sunshine and other organ meats are incredibly important aspects of activating our mineral system.

DHA found in fish, fish eggs, and animal fats, not vegan algae, is neuroprotective against heavy metals. Vegan DHA supplements unfortunately are not very bio available and do not get the same results as animal-based DHA. Getting plenty of DHA will reduce the harmful and inflammatory cascade effect caused by metal toxicity. There are certain fish to avoid because of their high loads of metals such as tuna and swordfish but a fish like wild caught salmon is very healing even if it contains trace amounts of mercury. This being because the DHA will offset the toxic load brought on by any mercury ingestion. Fish eggs, butter, ghee, tallow and cod liver oil are my favorite sources.

Vitamins also are mineral dependent, including B vitamins and vitamin C. Getting plenty of B2,B6,B9,B12 is a crucial piece of methylation which is tied to our ability to detoxify heavy metals. Also including TMG, and creatine will further optimize methylation.

Optimize your detoxification pathways through minerals mentioned in the protocols, B vitamins, vitamin C, amino acids such as glycine, proline, methionine, cysteine and glutamine. Vitamin C is very protective of detoxification enzymes and works wonderfully with copper to ensure iron does not become oxidized in the body. The debate of ascorbic acid versus whole food vitamin C is ongoing but I believe the terpenes and complex that is received in the body from whole food C wins out.

Utilize enzymes to ensure you are assimilating amino acids that are the foundation of certain detoxification enzymes such as glutathione. Glutathione is also dependent on sulfur, magnesium and selenium. It is a crucial enzyme that is rapidly depleted by metal overload. Focusing on proper amino acid balance, sulfur, magnesium, and selenium and optimizing hormetic stressor such as exercise, fasting, sunlight, cold and heat exposure will optimize glutathione production.

PARASITES, HEAVY METALS AND THE SPIRITUAL FORCES

I also believe the physical manifestation of parasites is directly related to a denser, lower vibratory field in the spirit or etheric body. When we have holes in our field, there is room for entities that are parasitic in nature to siphon our energy and cause disturbance. Ask yourself where in your life you have given your power away or where there are parasitic energies in you or those you are in relationship with. This can also be said for the news, mainstream fear mongering media and dysfunctional use of technology. To learn to master our bodies in the physical and spiritual must be seen as the highest priority, and these dark forces can either wake us up to our true power or destroy us, the choice is ours and awareness is key. The devil you know is better than the one you don't.

We must ask ourselves, why have they targeted the mineral system on such a high level? Fluoride destroying our iodine, calcifying the pineal gland, inorganic iron leading to chronic disease and parasite infections, demonizing copper, injecting babies with neurotoxic levels of aluminum and mercury, aluminum and barium sprayed in the skies. When you realize minerals are out most potent defense against disease and toxicity in the physical, and also how they are the manifestation of our spiritual body in form, the essence of our bodies ability to utilize light, electricity, the power of consciousness, you realize why they don't want you to know this and why they have tried to poison this system on such a high level.

CALCIFICATION

The pineal gland is famous in many spiritual traditions for being the access point to the spiritual realm. In the physical body it is a crucial gland in the endocrine system that is responsible for our circadian rhythm. It secretes the hormone melatonin that is associated with sleep. Melatonin is also one of the strongest antioxidants in the body and is extremely neuroprotective. When the pineal gland becomes calcified, our melatonin production is hindered effecting all aspects of health including sleep quality, cognition, and immune function. Findings in patients with Alzheimer's show significant calcification of the pineal gland. High levels of glyphosate (Roundup), open the blood brain barrier and allow metals to lodge into the brain, which is a root cause of many neurodegenerative illnesses. Heavy metals in the brain cause calcification in the tissues and glands. The importance in protecting this gland, and our brain from heavy metals cannot be understated.

There are many causes to calcification, especially in our modern-day environment. The most important things to address are your exposure to light, heavy metals, nonnative EMF, fluoride in the tap water, dental products, and the depletion of minerals in the body. Vitamin K2 is a critical element to prevent calcification in the tissues, that many people are missing in their diets. This can only be found in animal foods, the only plant source being fermented soy (Natto), and trace amounts in other fermented foods. Minerals that keep your Pineal gland healthy include magnesium due to its effect on the calcium channels, EMF protection, and enzymatic support. Also, iodine, boron and copper will support fluoride detoxification. Shilajit and monoatomic Gold are also very supportive of this system.

Waking and sleeping with the cycles of the sun, and protecting yourself from harmful spectrums of light, especially at night, in buildings or in your home is crucial. Ideally, we would only be exposed to the natural light of the sun and sleep when it is dark. Sun gazing is a great practice to implement to optimize your pineal function and circadian rhythm. Gaze directly or around the sun in the first 15 minutes and last 15 minutes of sunlight.
I highly recommend checking out Matt Maruca's work on light and getting yourself a pair of Ra Optics to prevent blue light exposure in the evening.

Main Tips to prevent Calcification

1. Ground to the earth minimum 20 minutes a day to protect yourself from nonnative EMF.

2. Sun gaze in the first 15 and last 15 minutes is sunlight each day.

3. Do your best to sleep when it's dark and wake when the sun comes up, sleeping ideally around the same time each day. Avoid artificial light and get plenty of sun exposure.

4. Optimize your minerals, specifically shilajit, iodine, boron, copper, and magnesium. Add in some gold and ormus minerals for additional support. Include plenty of vitamin K2 in your diet as well, or supplement. Supplementing vitamin D without K2 can cause calcification as well.

5. Move your body, optimize your detoxification through sweating, hydration, sulfur intake, and making sure you are excreting properly to protect against heavy metal exposure.

6. Daily meditation practice.

7. Before you supplement melatonin, work on all these factors listed above. Melatonin is a hormone and should not be supplemented long term, as it will cause a decrease in endogenous production.

Dangers of Commercial Supplements

The world of supplements has become very dangerous. Many nefarious corporations with history of having zero interest in people's health, have begun to buy up big supplement brands. If you are not extremely careful with the supplements you are buying, you can easily be being poisoned with heavy metals and many other compounds. This is why it is essential to be very aware of the companies you buy from. If a supplement contains toxins, it is extremely concentrated and can absolutely make you much worse, when obviously the goal of taking supplements is to improve our health.

Through much trial and error, I have found companies and supplements that I trust and will list here for you the ones related to these protocols that I personally use. Click the links to access each product below.

Recommended Products

Alfa Vedic: Illumined Greens, Illumined C, Super conductive minerals, Super Conductive Vitamins, Zeolite

Cymbiotika: Activated Charcoal, Shilajit, Magnesium L Threonate, Zinc Complex, Glutathione, Molecular Hydrogen, Vitamin C

OptiMSM from Kala health: MSM Sulfur

Bio Sil: Orthosillic Acid

Bioptimizers: Magnesium Breakthrough, Masszymes, P3OM

KAL Magnesium: Glycinate

Ancient Minerals: Topical Magnesium Chloride/MSM

TRACE: Boron, Zinc, Copper sulfate

Mother Earth Minerals

Kion Essential Amino Acids, Colostrum

Global Healing: Nascent Iodine, Paratrex

3rdI: Iodine and selenium Blend (buyiodine.com)

Selenoexcell: Selenium

Thorne: Chromium Picolinate

Chromax hydrogen

Sol Supps: Sol Salts - Electrolytes and Glycine

Turpentine Pure Gum Spirits

Mimosa Pudica Seed

ION Biome

Thorne Vitamin K2

Vitalzym Systemic Enzymes or Bioptimizers Masszymes

Rosita: Cod liver oil

OLIGOSCAN

I personally use the Oligoscan to measure levels of minerals and heavy metals in my client's bodies.

The Oligoscan measures intracellularly, allowing one to observe what happens in the muscle or in the venous blood, extracted from muscular tissue, therefore giving an estimate of the intra-tissular bioavailability.

Blood tests show metals, which have circulated recently. Metals are dumped within a few days from the blood stream into the peripheral tissues and can eventually be stored in deeper organ tissues. High blood levels of toxic elements are, therefore, usually only evident after an acute, not chronic, exposure, to that element or its byproduct. The amount of minerals and trace elements is kept constant in blood. Many people with muscle cramps often have a normal magnesium level in serum or measured in the red blood cells. The Oligoscan in these cases show a magnesium deficiency.

Urinalysis shows to what extent the body can excrete metals. In a normal spontaneous urine sample almost, nothing is excreted. Only after the body is provoked are increased metal concentrations found in the urine. This is done with a challenge or provocation test for toxic heavy metals. This is a valuable test that shows in what amount metals are present in the extracellular environment. Because the Oligoscan measures intracellularly, the challenge/provocation test and the Oligoscan are completely complementary.

OLIGOSCAN

A hair analysis shows which metals were present during the last few weeks or months, subject to external factors (hair dyes, products, etc). But if a body cannot detoxify well, lower amounts of metals will be found in hair. This is called false-negative results.

While blood, urine, or hair analysis can take weeks, the Oligoscan provides results immediately.

The Oligoscan utilizes spectrophotometry to measure trace elements and heavy metals existing within tissue, calibrated specifically for a specific area of the body.

Blood tests are complementary and, in many cases, will also be performed to better understand the patient's overall health.

Together with urine, fecal, hair, and blood measurements, the Oligoscan results transforms the information you have, analogous to a 2-dimensional picture and turns it into a 3-dimensional holographic projection within which you can now practically interact.

Test results show mineral status, key mineral ratios, heavy metal levels, mobilization of those metals and overall oxidative stress.

You can book an oligoscan session with me on my website under 1 on 1 client consultation.

Summary

If we want to truly heal and optimize all aspects of our health, vitality and longevity, we must begin to see the body as electrical and not chemical. The forgotten importance of these master minerals in the body has lead to much unneeded suffering and health issues. The combination of heavy metal toxicity, mineral depleted soil and non native EMF running rampant is at the root of so many health challenges. Optimizing your electric body through robust mineralization, heavy metal detoxification, and optimizing our light and electromagnetic exposure through grounding and EMF protection is absolutely essential in our modern world if you want to achieve your highest potential as a physical and spiritual being.

If I could recommend a foundational protocol that I believe would benefit the majority of people in our modern world, based on my experience, it would be this. On top of an optimized holistic diet and lifestyle: 5-10 grams of sulfur, 20 mg of silica, 1 gram of magnesium, 30-40 mg of zinc, 5-8 mg of copper, 400 mcg of selenium, iodine ranging from (1-40 mg depending on current state of health), 10 mg of boron, shilajit, and ormus minerals (Alfa Vedic super conductive minerals).

BEN WEINER

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